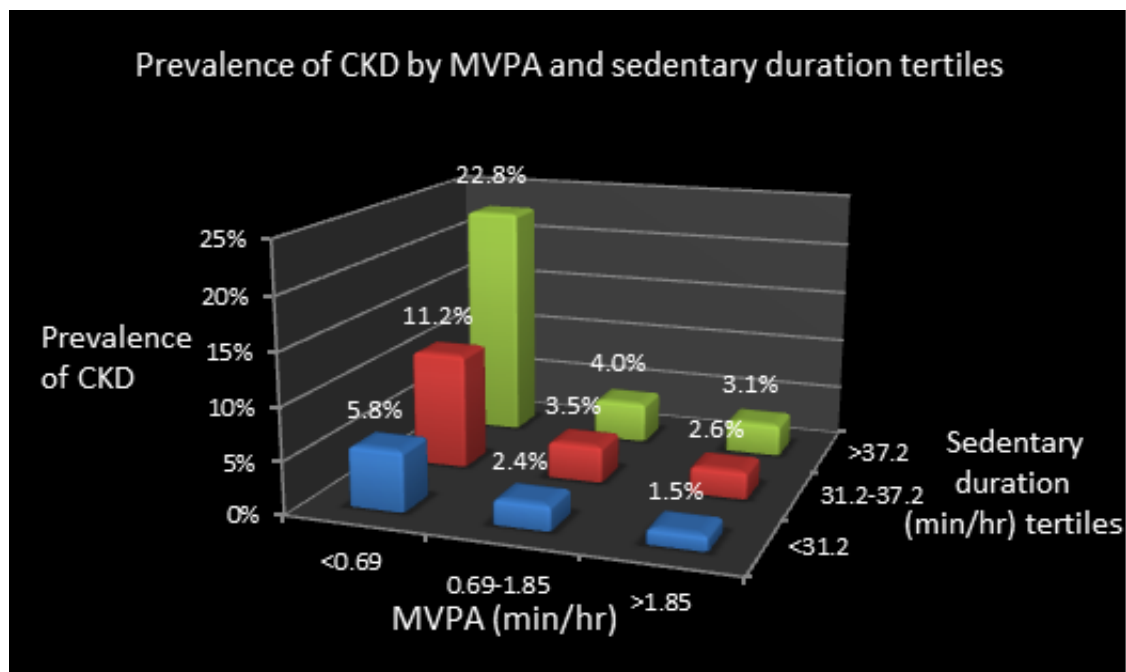


# People with sedentary lifestyles are at increased risk of developing kidney disease

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Prevalence of CKD. Credit: Ferranti

Being sedentary for too long during the day may be a risk factor for chronic kidney disease, according to a study that will be presented at ASN Kidney Week 2015 November 3-8 at the San Diego Convention Center in San Diego, CA.

Sedentary behavior (engaging in activities in the seated or lying position that barely raise the [energy expenditure](#) above resting level) is commonly

confused with physical inactivity (lack of moderate/vigorous physical activity). Sedentary behavior is an important risk factor for diabetes, hypertension, and obesity, but it's unclear whether it also increases the risk of chronic kidney disease.

Dominique Ferranti, Srini Beddhu, MD (University of Utah School of Medicine), and their colleagues examined this topic in 5873 adults in whom intensity and duration of physical activities were measured.

The researchers found that each 80 minutes/day (assuming 16 awake hours/day) increase in sedentary duration was associated with a 20% increased likelihood of chronic kidney disease. This association was independent of moderate/vigorous physical activity duration, demographics, coronary artery disease, congestive heart failure, lung disease and mobility limitations. Moreover, this association persisted even after adjusting for type 2 diabetes, hypertension, and obesity.

"Sedentary behavior, which is not mere lack of moderate/vigorous physical activity, is likely an independent risk factor for chronic kidney disease," said Dr. Beddhu. "It needs to be tested whether sedentary behavior affects the progression of chronic kidney disease, and thereby, increases the risk of end stage renal disease. Hence, interventions targeting [sedentary behavior](#) to slow the progression of [chronic kidney disease](#) need to be conducted."

**More information:** "Sedentary Behavior as a Risk Factor for CKD"  
(Abstract FR-OR112)

Provided by American Society of Nephrology

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